



NMCPHC QUICK HITS

Relax Relax: Optimized Tools, Increased Functionality

The Health Promotion and Wellness (HPW) Department launched its newly redesigned Relax Relax website, which helps Sailors, Marines, their families, and civilians reduce psychological and physical wear and tear through deep relaxation and focus exercises set to audio tracks.

The site features a new navigation panel with representative imagery and text to make it easier to browse relaxation techniques. Additionally, the updated site was built to optimize the experience for both low and high bandwidth users. Users with a high-speed Internet connection can use the embedded media players to listen to each exercise, enabling instant access, while users with slower Internet connection speeds are able to access relaxation audio tracks individually. Visitors can switch between versions by clicking the “Show High Bandwidth” or “Show Low Bandwidth” links at the top of each page for their optimal experience.

The redesigned Relax Relax website can be viewed at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html>

Facts

The intent of this tool is to promote the philosophy of Withstand, Recover, and Grow to keep our Sailors and Marines mentally and physically prepared for challenges and to improve resilience.

Possible benefits of relaxation techniques, when used regularly, include:

- Clear thinking
- Increased energy level
- Decreased restlessness
- Decreased anxiety, anger, stress, and insomnia



Did You Know?

The HPW Department has resources and tools to help navigate stress and strengthen resilience for optimal performance. Visit our website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/psychological-emotional-wellbeing.aspx> for more information on:

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| <ul style="list-style-type: none">• Suicide Prevention• Resilience• Operational Stress Control• Navigating Stress• Relaxation | <ul style="list-style-type: none">• Anger Management• Mental Health• Sleep• Navy Leader's Guide for Managing Sailors in Distress |
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